

## CHATHAM HEALTH & SWIM CLUB - CLASS SCHEDULE (as of November 25<sup>th</sup>, 2019)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>Small Group Coaching w/ Julie</b> 7:00-8:00 A.M.
<b>Step &amp; Strength</b> 8:00-9:00 A.M.	<b>Flow Yoga</b> 8:00-9:00 A.M.	<b>Cardio-Mix</b> 8:00-9:00 A.M.	<b>Flow Yoga</b> 8:00-9:00 A.M.	<b>Cardio-Mix</b> 8:00-9:00 A.M.	<b>Men's Stretch</b> 8:15-9:00 A.M.
	<b>Lite Fitness</b> 9:15-10:15 A.M.		<b>Lite Fitness</b> 9:15-10:15 A.M.		<b>Hydrospin w/ Ally</b> 8:45-9:45 A.M. (uses walking lane only)
<b>Aquatic Exercise</b> 9:30-10:30 A.M.		<b>Aquatic Exercise</b> 9:30-10:30 A.M.		<b>Aquatic Exercise</b> 9:30-10:30 A.M.	<b>Interval Row</b> 9:30-10:30 A.M.
<b>Small Group Coaching w/ Amy</b> 10:30-11:30 A.M.	<b>NEW Seated Yoga</b> 10:30-11:30 A.M. <b>FREE Demo 12/3</b> Class starts 12/10	<b>Small Group Coaching w/ Amy</b> 10:30-11:30 A.M.			
	<b>Small Group Coaching w/ Becky</b> 12:30-1:30 P.M.		<b>Small Group Coaching w/ Becky</b> 12:30-1:30 P.M.		
	<b>Aquatic Exercise</b> 4:30-5:30 P.M.		<b>Aquatic Exercise</b> 4:30-5:30 P.M.		
<b>Double Step</b> 5:15-6:15 P.M.		<b>Interval Strength</b> 5:15-6:15 P.M.	<b>Flow Yoga</b> 5:15-6:15 P.M.	<b>Cardio-Mix</b> 5:15-6:15 P.M.	

**Blue Boxes** Annual/Flexi Member = \$50 per 6-weeks    **Short-Term Member/Guest** = \$75 per 6-weeks

**Small Groups** limited to 4 per session    Cost varies per group depending on # of participants (\$20 if 3/4, \$30 if 2, cancelled if only 1)

**Hydrospin** limited to 8 per class    Cost \$10 Annual Member, \$15 Short-Term Member, \$20 Guest

**PLEASE SEE FRONT DESK FOR ADDITIONAL INFORMATION**